

The Natural Path

Personalized Health Solutions

November 2023



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Uninvited Guests

Uninvited guests can really make a mess of the place! Whether its the squirrels hanging off your bird feeder, the trash pandas tearing through your garbage cans, or your in-laws' dog that you didn't expect to be joining you for the holidays (maybe even your in-laws).

Schedule An Appointment



Ordering Supplements



Order Standard Process or MediHerb Supplements

Free shipping when ordering over \$150 in product online.

If you are a client at The Natural Path, go to <https://my.standardprocess.com/Patient-Direct/patient-registration> and enter code: **QGH5H2** to set up an account. Once approved (typically less than a day), you will be able to order using Patient Direct at a savings (in-office discounts don't apply when ordering online).

Let us know if you would like help setting up a direct order account for any other vendors, such as Berkeley Life, Bio-Botanicals and MicroBiome Labs.

You can also set up an account on [Fullscript](#) to order a wide array of provider-grade supplements at a discount.



Sunday, November 5th

Love it or hate it, you get an extra hour of sleep this weekend!

The office will be closed on Thursday and Friday, November 23rd and 24th. May you have a peaceful and blessed holiday with family and friends and time to reflect on all that you have to be thankful for.



Regardless of the type of uninvited guests you may be entertaining, there may be a few lurking about that you aren't aware of.....namely, parasites!

This is where almost everyone says 'ewww!'. A parasite is an organism that lives on or in a host and gets its food from or at the expense of its host. It is fairly common for people and animals to have parasites as they are often in our food or water, in our garden soil, and even in sloppy wet kisses from our favorite pet. Our bodies are pretty good at living in balance with all kinds of creatures (bacteria, viruses, yeasts, worms, etc.). The real problem begins when those critters increase in numbers to the point that the body has difficulty eliminating them and functioning normally and healthfully.

How do you know if you are hosting some internal uninvited guests? Here are a few signs and symptoms:

- Abdominal pain
- Diarrhea
- Visually seeing them in the stool
- Nausea or vomiting
- Gas or bloating
- Itching around the rectum
- Fatigue
- Increased appetite
- Unexplained weight loss
- Sugar cravings
- Wild and vivid dreaming

Parasite Prevention



Testing to Consider



RESEARCH. TECHNOLOGY. RESULTS.

Do you know what uninvited guests may be living in your gut? If you are dealing with any type of gastrointestinal issue, the GI-Map from Diagnostic Solutions Laboratory may be a really good test to consider.

This comprehensive stool test will provide information in a number of key areas including pathogens, parasites, microbial overgrowth, and H-Pylori. Contact us to learn more or to order a test.

First Responder Support and Discounts



Carl has recently completed training with First Responder Trauma Counseling and is offering a **15% discount** on services to all first responders. This includes police, firefighters, dispatch, EMT and ER hospital workers.

Thankfully, there are a number of things you can do to help minimize the chances of parasites getting the upper hand. It begins with minimizing your exposure to them in the first place:

- Wear gloves when working in the dirt
- Clean off pets' paws when they come inside
- Soak produce in water mixed with vinegar (especially organic produce that has not been irradiated)
- Cook food to proper temperature
- Limit sushi intake
- Filter drinking water

Next, help your body fight them off naturally:

- Limit acid blockers and PPIs - acid is your first line of defense against ingested pathogens
- Keep your gut healthy - a healthy environment limits the overgrowth of uninvited guests

Provide your body with the support it needs:

- Eat garlic
- Use a product like Biocidin to reduce/remove biofilms where parasites like to hide
- Have everyone in the household do a periodic parasite protocol such as our Weed and Feed program.
- Increase stomach acid with a supplement such as Zypan (if you suspect H. Pylori, you need to deal with that infection before increasing stomach acid)

Zypan is a must if you are travelling internationally or eating questionable foods like sushi.



We are proud to serve our first responder community. Services available include Nutrition Response Testing, Body Therapy with low level laser, and Neuro Emotional Technique combined with hypnosis.

If you or anyone you know could use our help staying at the top of their game and dealing with this challenging work, we would be honored to lend our services. In these tough times, we need these folks more than ever and pray for their safety and wellbeing.



Introducing.....Tanya!



We are very pleased to introduce you to the newest member of our team - Tanya! You will see her bright smiling face usually midday, as she will be helping out over lunch times. She has over 20 years of experience with Standard Process products, so expect that she will be teaching all of us a thing or two.

Tanya is a Colorado native, the first US citizen in her family and appreciates a good bottle of wine (in case you need to bribe her!)





Worm Therapy and 'An Epidemic of Absence'

Before we lean too far into killing off and eliminating every parasite in our bodies, it is important to remember that balance is key.

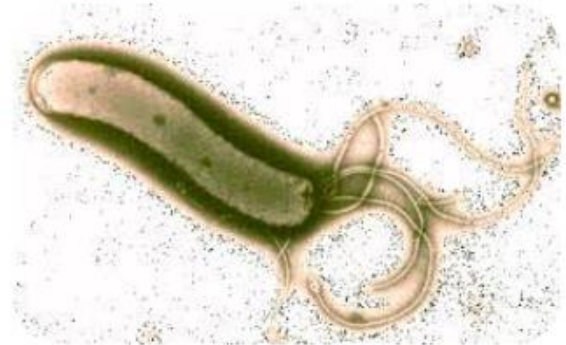
There was a fascinating book written 10 years ago called ['An Epidemic of Absence: A New Way of Understanding Allergies and Autoimmune Diseases'](#). This book addresses the skyrocketing cases of allergies and autoimmune conditions as a result of our efforts to get rid of every last germ and bug using antibiotics, hand sanitizer, bleach, etc. The premise of the book being that our bodies are meant to be in balance with other creatures and our immune systems are informed and educated by all types of uninvited guests. There is a lengthy discussion regarding purposefully giving allergy and autoimmune disease sufferers parasitic worms. The theory is that the parasites are helpful in tuning up their immune systems and, thereby, assisting their bodies to better deal with other conditions.

While there is much debate over 'worm therapy', the book is a very interesting read and gives an enlightening perspective on parasites. While we don't recommend purposefully infecting yourself with parasites, we also don't recommend being overly zealous in ridding your body of every last little critter. They do provide many benefits to the body when kept in balance.

As a general rule, if you are in good health and feel great, there is no need to take any action. If you are experiencing health symptoms, parasitic infection should always be considered. This month we have discounted biofeedback sessions to address your uninvited guests, as well as a number of supplements.

H. Pylori (Helicobacter pylori)

There are some parasitic infections you may have heard of such as Cryptosporidium or Giardia, tapeworms or pin worms and even head lice. However, there is another lesser-known bacterium you should be aware of commonly called H. Pylori.



Many people host this bug without ever having any issues. There is much debate on whether or not a healthy individual should have some amount of this acid-loving parasite living in their stomach.

However, a number of people are not able to handle an overgrowth of this uninvited guest and experience heartburn, trouble swallowing, and ulcers, as well as many other gastro-intestinal symptoms.

It may be time to treat for H. Pylori if you are plagued with acid reflux and live on acid blockers. Unfortunately, this bug is very easily shared so everyone in the household should be treated at the same time - even if they have no symptoms. We can definitely help with testing for this infection using a stool test called GI-Map. Your doctor can likely order testing for you, too.

There are a number of things that can help with an H. Pylori infection. It is common to use anti-biotics and acid blockers. However, we prefer more natural means that are less harmful to the body. Mastic gum has been used for a very long time, but we like a new product from MicroBiome Labs called Pyloguard. It can often be used when you suspect an H. Pylori infection but don't want the expense of testing.



We recently had the opportunity to attend more in-depth training on the MicroBiome Labs products. This company has really put together a great line-up of products to help heal the gut and make it inhospitable to unwanted guests. Check out their product line here:

<https://microbiomelabs.com/home/products/>

We are always happy to answer questions or set you up to order direct.



Carl and Kimberley Malone

We are so thankful for the opportunity to serve each of you and your families. Our clients and customers



**May you never be too old to go
jump in the leaves!**



Partnership Special

Partners will receive an **extra 20%** off of several supplement specials this month including Country Doctor Paractive, NutriWest Total Para and Standard Process Zypan. This is a great time for Partners to stock up! There is a limit of 3 extra discounts per Partner.

are considered a part of our extended family and we are always happy to lend an ear or even pray for you when you need support beyond our regular services. We know the holiday season can be tough for many and want you to know we are here for you!!

Ruby's Corner



I like to think that I'm invited everywhere I go! What isn't always welcome are the 'guests' I bring along. Mom and Dad recommend that everyone in the house take supplements to address parasitic infections at the same time - that includes 4-legged family members like me!



"Don't forget to be kind to strangers, for some who have done this have entertained angels without realizing it!"

Hebrews 13:2



**The Natural Path Store
November Specials**

**'Uninvited Guests' Biofeedback Balancing
\$60**

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## First Responders - 15% Off

Includes product and services

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'Uninvited Guests' Supplements - 20% Off

Bio-Botanicals Biocidin (LSF, Throat Spray or Tincture)
Country Doctor Paractive(Capsules or Tincture) **(Extra 20% off for Partners)**
MediHerb Gut Flora and Wormwood
MicroBiome Labs Pyloguard
NET Para Solve
NutriWest Total Para **(Extra 20% off for Partners)**
Standard Process Zypan **(Extra 20% off for Partners)**

***Many of these supplements are contraindicated during pregnancy and nursing.

Learn more about the supplements on our [Specials](#) page.

Order Standard Process and MediHerb direct (discounts don't apply when ordering online):

<https://thenaturalpath.standardprocess.com/Products>

We can also help you setup an account to order directly from MicroBiome Labs - just ask!



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